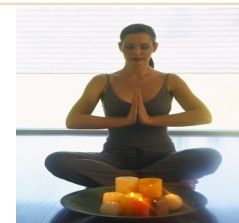




Be Well. Be Fit. Be More.



# Wellness Wednesdays

## Salsa Dancing and Tai Chi

**Remember to Wear Loose Clothing and Comfortable Shoes! If you have a yoga mat, please remember to bring it!**

Event	Date	Location	Time
Salsa Dancing	Mar. 5	The Department of Human Resources 201 E. Baltimore St. 4th Floor, Room 430	4:45-5:45 p.m.
Tai Chi	Mar. 12	The Department of Human Resources 201 E. Baltimore St. 1st Floor, Montebello Suite	4:45-5:45 p.m.

**Class Size Limited to 20 People Per Session, So Be Sure to Register Early!! Attending City Employees May Bring One Family Member/ Guest.**

Sponsored by Aetna, CareFirst, Kaiser Permanente and United Healthcare

**Featuring New Giveaways for ALL Participants in Wellness Activities**

To register, please log onto our wellness registration website: [www.cityofbaltimorewellness.com](http://www.cityofbaltimorewellness.com)

For more information please contact

Lisa Evans: [wellness@baltimorecity.gov](mailto:wellness@baltimorecity.gov) or (410)-396-3872 OR TTY 711 Maryland)

